

EDSS ( The Kurtzke Expanded Disability Status Scale ) 是一個評估多發性硬化症患者之運動失常及疾病發展程度的評分方法。評分方法是針對八種神經功能的表現來加以評估 ( 表一 )，再依評估級數分為 0~10 分 ( 表三 )

表一 (前段) :

功能	評估級數	生理狀況	功能	評估級數	生理狀況
視覺功能	0	Normal	感覺功能	0	Normal
	1	Scotoma with visual acuity (corrected) better than 20/30		1	Mild vibration or figure-writing or temperature decrease only in one or two limbs
	2	Worse eye with scotoma with maximal visual acuity (corrected) of 20/30 to 20/59		2	Mild decrease in touch or pain or position sense or moderate decrease in vibration in one or two limbs; or mild vibration or figure-writing or temperature decrease alone in three or four limbs
	3	Worse eye with large scotoma, or moderate decrease in fields, but with maximal visual acuity (corrected) of 20-60 to 20-99		3	Moderate decrease in touch or pain or position sense or essentially lost vibration in one or two limbs; or mild decrease in touch or pain or moderate decrease in all proprioceptive tests in three or four limbs
	4	Worse eye with marked decrease in fields and maximal visual acuity (corrected) of 20/100-20/200; grade 3 plus maximal acuity of better eye 20/60 or less		4	Marked decrease in touch or pain in one or two limbs; or moderate decrease in touch or pain and/or severe proprioceptive decrease in more than two limbs
	5	Worse eye with maximal visual acuity (corrected) less than 20/200; grade 4 plus maximal acuity of better eye of 20/60 or less		5	Loss (essentially) of sensation in one or two limbs; or moderate decrease in touch or pain and / or loss of proprioception for most of the body below the head
6	Grade 5 plus maximal acuity of better eye of 20/60 or less	6	Sensation essentially lost below the head		

表二：視覺敏銳度

視覺敏銳度 (Visual Acuity)			屈光度 (Diopter)	粗略近視度數
國際圖例	英尺圖例	公尺圖例		
1.0	20/20	6/6	0	正常
0.66	20/30	6/9	-0.25	25 度
0.5	20/40	6/12	-0.75	75 度
0.4	20/50	6/15	-1	100 度
0.33	20/60	6/18	-1.25	125 度
0.25	20/80	6/24	-1.5	150 度
0.2	20/100	6/30	-1.75	175 度
0.16	20/120	6/36	-2.25	225 度
0.125	20/160	6/48	-2.75	275 度
0.1	20/200	6/60	-3.25	325 度
0.08	20/250	6/75	-3.75	375 度

表一 (後段) :

功能	評估級數	生理狀況	功能	評估級數	生理狀況
腦幹功能	0	Normal	大腦功能	0	Normal
	1	Signs only		1	Mood alteration (depression and / or euphoria) alone (does not affect EDSS step) and / or mild fatigue and / or signs only decrease in mentation
	2	Moderate nystagmus or other disability		2	Mild decrease in mentation; moderate or severe fatigue
	3	Severe nystagmus, marked extraocular weakness, or moderate disability of other cranial nerves		3	Moderate decrease in mentation
	4	Marked dysarthria or other marked disability		4	Marked decrease in mentation
	5	Inability to swallow or speak		5	Dementia
錐體功能	0	Normal	腸道泌尿功能	0	Normal
	1	Abnormal signs without disability		1	Mild urinary hesitancy, urgency and / or constipation
	2	Minimal disability: patient complains of fatigability or reduced performance in strenuous motor tasks and/or BMRC grade 4 in one or two muscle groups		2	Moderate urinary hesitancy and / or urgency and / or rare urinary incontinence and / or severe constipation
	3	Mild to moderate paraparesis or hemiparesis: usually BMRC grade 4 in more than two muscle groups; or BMRC grade 3 in one or two muscle groups (movements against gravity are possible); or severe monoparesis: BMRC grade 2 or less in one muscle group		3	Frequent urinary incontinence or intermittent self-catheterisation; needs enemata or manual measures to evacuate bowels
	4	Marked paraparesis or hemiparesis: usually BMRC grade 2 in two limbs; or moderate tetraparesis: BMRC grade 3 in three or more limbs; or monoplegia: BMRC grade 0 or 1 in one limb		4	In need of almost constant catheterisation
	5	Paraplegia: BMRC grade 0 or 1 in all muscle groups of the lower limbs; or marked tetraparesis: BMRC grade 2 or less in three or more limbs; and / or hemiplegia;		5	Loss of bladder or bowel function; external or indwelling catheter
	6	Tetraplegia: BMRC grade 0 or 1 in all muscle groups of the upper and lower limbs		6	Loss of bowel and bladder function
小腦功能	0	Normal	註	小腦功能註： • The presence of severe gait/truncal ataxia alone (without severe truncal ataxia and severe ataxia in three or four limbs) results in a Cerebellar FS score of 3. • If weakness on sensory deficits interfere with the testing of ataxia, score the patient's actual performance. To indicate the possible role of weakness make an "X" after the Cerebellar FS score.	
	1	Abnormal signs without disability			
	2	Mild ataxia and/or moderate station ataxia (Romberg)			
	3	Moderate truncal ataxia and / or moderate limb ataxia and / or moderate or severe gait/truncal ataxia			
	4	Severe gait/truncal ataxia and severe ataxia in three or four limbs			
	5	Unable to perform coordinated movements due to ataxia			
X	Pyramidal weakness (BMRC grade 3 or worse in limb strength) interferes with cerebellar testing				

# EDSS 評量簡表

醫院名稱： \_\_\_\_\_

主治醫生： \_\_\_\_\_

病患姓名： \_\_\_\_\_

病歷號碼： \_\_\_\_\_

EDSS 評分： \_\_\_\_\_

評估日期： \_\_\_\_\_

0	Normal neurological exam (all FS grade 0)		Ambulatory without aid or rest for $\geq 200$ meters (usual FS equivalents include at least one FS grade 5, or combinations of lesser grades usually exceeding specifications for step 4.5)
1.0	No disability, minimal signs in one FS (one FS grade 1)	5.0	
1.5	No disability, minimal signs in more than one FS (more than one FS grade 1)	5.5	Ambulatory without aid or rest $\geq 100$ meters
2.0	Minimal disability in one FS (one FS grade 2, others 0 or 1)		
2.5	Minimal disability in two FS (two FS grade 2, others 0 or 1)	6.0	Unilateral assistance (cane or crutch) required to walk at least 100 meters with or without resting
3.0	Moderate disability in one FS (one FS grade 3, others 0 or 1) though fully ambulatory; or mild disability in three or four FS (three / four FS grade 2, others 0 or 1) though fully ambulatory	6.5	Constant bilateral assistance (canes or crutches) required to walk at least 20 meters without resting
		7.0	Unable to walk 5 meters even with aid, essentially restricted to wheelchair; wheels self and transfers alone; up and about in wheelchair some 12 hours a day
3.5	Fully ambulatory but with moderate disability in one FS (one FS grade 3) and mild disability in one or two FS (one / two FS grade 2) and others 0 or 1; or fully ambulatory with two FS grade 3 (others 0 or 1); or fully ambulatory with five FS grade 2 (others 0 or 1)	7.5	Unable to take more than a few steps; restricted to wheelchair; may need some help in transferring and in wheeling self
		8.0	Essentially restricted to bed or chair or perambulated in wheelchair, but out of bed most of day; retains many self-care functions; generally has effective use of arms
4.0	Ambulatory without aid or rest for $\geq 500$ meters; up and about some 12 hours a day despite relatively severe disability consisting of one FS grade 4 (others 0 or 1) or combinations of lesser grades exceeding limits of previous steps	8.5	Essentially restricted to bed much of the day; has some effective use of arm(s); retains some self-care functions
		9.0	Helpless bed patient; can communicate and eat
4.5	Ambulatory without aid or rest for $\geq 300$ meters; up and about much of the day, characterised by relatively severe disability usually consisting of one FS grade 4 and combination of lesser grades exceeding limits of previous steps	9.5	Totally helpless bed patient; unable to communicate effectively or eat/swallow
		10.0	Death due to MS

表三

EDSS 總分計算可參考以下簡表 (修改自日本教授 Jin Nakahara 演講內容)。詳細的計分方式，請參考原始 NEUROSTATUS 說明文件<sup>1</sup>。

醫院名稱：\_\_\_\_\_ 主治醫生：\_\_\_\_\_

病患姓名：\_\_\_\_\_ 病歷號碼：\_\_\_\_\_

EDSS 評分：\_\_\_\_\_ 評估日期：\_\_\_\_\_

Ambulatory without aid or rest $\geq$ 500m: Yes									
Maximum FS grade									
0	1		2			3		4	
Number of disabilities with maximum FS grade									
	1	$\geq 2$	1	2	3-4	5	1	2	1
EDSS score									
<b>0</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>3.0</b> (no FS2) or <b>3.5</b> (1-2 FS2)	<b>3.5</b>	<b>4.0</b>

Ambulatory without aid or rest $\geq$ 500m: No											
Without aid			Cane/crutch		Wheel-chair				Bed-bound		Death
Ambulatory w/o rest for					Self transfer		Self care (U/E)		Eat/swallow		
300 m	200 m	100 m	Uni-lateral	Bi-lateral	OK	Need help	OK	Need help	OK	NG tube	
EDSS score											
<b>4.5</b>	<b>5.0</b>	<b>5.5</b>	<b>6.0</b>	<b>6.5</b>	<b>7.0</b>	<b>7.5</b>	<b>8.0</b>	<b>8.5</b>	<b>9.0</b>	<b>9.5</b>	<b>10.0</b>

Reference:

1. *Neurostatus Scoring Definitions version 04/10*, Neurostatus, accessed 4 February 2021, <[https://www.neurostatus.net/media/specimen/Definitions\\_0410-2\\_s.pdf](https://www.neurostatus.net/media/specimen/Definitions_0410-2_s.pdf)>